



QCOOK

Gochujang Beef Noodles

with kewpie mayo & edamame beans

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Sarah Hewitt

Wine Pairing: Creation Wines | Creation Pinot Noir

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 736kJ | 3677kJ |
| Energy | 176kcal | 880kcal |
| Protein | 10.8g | 53.9g |
| Carbs | 16g | 81g |
| of which sugars | 3.7g | 18.4g |
| Fibre | 1.6g | 7.8g |
| Fat | 6.8g | 34g |
| of which saturated | 0.7g | 3.5g |
| Sodium | 266mg | 1329mg |

Allergens: Sulphites, Egg, Gluten, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 5 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 3 cakes | 4 cakes | Egg Noodles |
| 150g | 200g | Edamame Beans |
| 15ml | 20ml | White Sesame Seeds |
| 450g | 600g | Beef Schnitzel (without crumb) <i>pat dry & cut into strips</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 30g | 40g | Fresh Ginger <i>peel & grate</i> |
| 360g | 480g | Carrot <i>rinse, trim & cut into matchsticks</i> |
| 150ml | 250ml | Gochujang Sauce Mix <i>(15ml [20ml] Gochujang, 75ml [150ml] Soy Sauce, 22.5ml [30ml] Rice Wine Vinegar, 7.5ml [10ml] Sesame Oil & 30ml [40ml] Sugar)</i> |
| 90ml | 125ml | Kewpie Mayo |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. NOODLES & BEANS Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and toss through a drizzle of olive oil. In the final minute, add the edamame beans until plump.

2. TOAST & SEAR Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to high heat with a drizzle of oil. Fry the beef until golden, 20-30 seconds a side. You may need to do this step in batches. Remove from the pan, season and set aside.

3. MOUTHWATERING MIX Return the pan to medium high heat with a drizzle of oil (if necessary). Fry the carrot until slightly cooked but still crunchy, 4-5 minutes (shifting occasionally). Add the spring onion whites, garlic, ginger and carrot until fragrant, 1-2 minutes. Turn down the heat and add the gochujang sauce mix and 150ml [200ml] of water. Cook for 2-3 minutes. Add the noodles and edamame beans, tossing the noodles to coat in the gochujang sauce. Remove the pan from the heat and mix through the beef strips.

4. TIME TO EAT Bowl up the gochujang noodles. Drizzle over the kewpie mayo and finish off with the sesame seeds and spring onion greens. Tuck in, Chef!